

# Sleeptracker Product Manual



||| SLEEPTRACKER |||

*Waking up has never been easier*



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## WHAT IS SLEEPTRACKER®?

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Why is it so hard to wake up to a normal alarm clock? Because a normal alarm clock can't detect where you are in your sleep cycle — a continuous cycle from deep sleep, to brief almost-awake moments, and back to deep sleep again. Occasionally, your alarm may catch you at an optimal, almost-awake moment and you wake up feeling refreshed, but usually you grope for the snooze button waking up tired and groggy.

SLEEPTRACKER® puts an end to that tired feeling. Once you set its ALARM WINDOW, it monitors your body and continuously looks for your optimal waking times so it can wake you at just the right moment. Imagine not feeling tired in the morning and getting a few extra minutes out of your day.

SLEEPTRACKER® can also help you discover how well you sleep at night, so you can adjust your habits to get better rest. Using an accelerometer, SLEEPTRACKER® monitors for brief moments of movement (typically lasting less than 30 seconds) during your lighter stages of sleep and records them. The next morning, you can review this data to see how restfully you've slept. (For more information on this,

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see the "Data Review" section on page 15.)

SLEEPTRACKER® is ideal for anyone who wants to wake up alert and ready to start the day, such as frequent travelers across time zones, business people looking for that extra edge, students with fluctuating schedules, or busy moms who need to wake up easily. When you set the ALARM WINDOW, SLEEPTRACKER® wakes you when you feel like you're already awake — at one of those frequent times during a night's sleep when you're almost awake but usually drift back to sleep.

*Please Note: SLEEPTRACKER® cannot cure sleep disorders. If you think you suffer from a sleep-related illness, consult a physician immediately.*

## ABOUT THE SLEEP CYCLE

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When you sleep, your body goes through a series of sleep cycles. The average adult experiences 4-5 full sleep cycles over an 8-hour period. Each cycle lasts about 90-110 minutes and comprises five different stages, as illustrated by the chart on page 8.

No two people have the same sleep cycles, and nobody has the same cycle twice. Many factors can influence sleep cycles, including diet, exercise, medications, drugs or alcohol, stress, sleep disorders, and sleep deprivation. Age and gender can play a role, too: women tend to sleep more soundly than men, and as we age, we sleep more restlessly.

A typical sleep cycle has five stages and takes 90-110 minutes. During Stage 1 of your sleep cycle, you sleep lightly. At Stage 2, your sleep gets progressively deeper. At Stages 3 and 4, also known as "Delta sleep," you sleep most heavily; this is when your body rebuilds itself.

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Stage 5 of sleep, also known as REM (rapid eye movement) sleep, is marked by extensive physiological changes, such as accelerated respiration, increased brain activity, rapid eye movement, and muscle relaxation. People dream during REM sleep.

In the first third of the night, Delta sleep stages last longer than REM stages. As the night progresses, Delta sleep diminishes in length. By the last third of the night, Delta sleep usually ceases, while REM stages lengthen.

SLEEPTRACKER® may find multiple almost-awake moments within the sleep cycle. Almost-awake moments may also vary in frequency throughout the night.

By monitoring your sleep cycles for optimal waking moments during the preset ALARM WINDOW, SLEEPTRACKER® finds those almost awake-moments and gently wakes you when you're most alert. The result? You wake up refreshed instead of groggy. Waking up has never been easier.

## GETTING STARTED

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### HOW TO WEAR SLEEPTRACKER®

Wear SLEEPTRACKER® with the face on top of your wrist, and with the band tight enough to maintain contact with your wrist.

### READING AND SETTING YOUR SLEEPTRACKER®

SLEEPTRACKER®'s 4 simple, easy-to-read buttons allow you to read SLEEPTRACKER® in the dark, to set it to wake you at the best time, to record your sleeping cycles, and to tell the time, day, and date.

*Please note: If no button is pushed for 60 seconds, SLEEPTRACKER® will default to the time/day/date screen.*

Throughout this manual, the steps for setting SLEEPTRACKER® are shown numerically (1, 2, 3, etc.). Following these steps in order makes setting SLEEPTRACKER® as easy as setting any typical wrist watch.

## OVERVIEW OF BUTTONS

Press **GLO** to backlight the screen. This button is also used to adjust SLEEPTRACKER®'s settings.

(Please note: Excessive use of the **GLO** backlight reduces battery life. Pressing **GLO** also prevents SLEEPTRACKER® from beeping, due to the demand on the battery.)

Use this button to adjust SLEEPTRACKER®'s settings after pressing **SET**.



Press **MODE** to scroll through SLEEPTRACKER®'s functions: Time, Alarm, Alarm Window, To Bed, and Data Review. (Use the buttons on the left to change the settings in each function.) Press **MODE** until the screen stops blinking to save your updated settings.

Press **SET** until the screen blinks to adjust SLEEPTRACKER®. (Then use the buttons on the left to change the settings.) Press **SET** again to move from hours to minutes to seconds.

*Please note: The **SET** button may seem slow to activate. That is by design so it will be more difficult to inadvertently depress while you are sleeping.*

## SETTING THE TIME, DAY, AND DATE

To set the Time, Day, and Date, press and hold SET until the date digit blinks. Press the upper- or lower-left buttons to scroll to the correct date. Then, press SET again to go to minutes, seconds, AM/PM/24-hour, day, or date. To store your new settings, press MODE until the screen stops blinking.

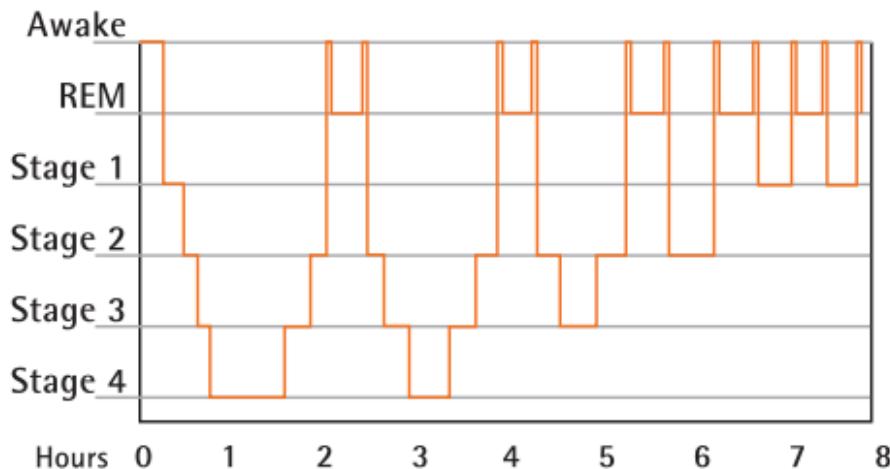


- 1) To set the Time, Day, and Date, press **SET** until the date digit blinks.
- 2) Press these buttons to adjust the date, month, day, year, minute, hour, and AM/PM/24-hour.
- 3) Press **SET** again to go to month, day, year, minute, hour, or AM/PM/24-hour.
- 4) Press **MODE** until the screen stops blinking to save your changes.

## SLEEP CYCLE CHART

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The chart below illustrates a typical adult sleep pattern. As the chart indicates, several almost-awake moments may occur within a sleep cycle.



To learn more about the sleep cycle, see the "About the Sleep Cycle" section (page 3) of this manual.

## SETTING THE ALARM

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To set the ALARM mode, press the MODE button until you reach the ALARM screen, and then press and hold SET until the hour digit blinks. Adjust to the desired hour by pressing the buttons on the left. Next, press SET to adjust the minutes using the same buttons. Then press SET to adjust among AM/PM/24-hour. To store these settings, press MODE until the screen stops blinking. Then press and hold the top left button (GLO) until  appears. ***The  must be on for SLEEPTRACKER® to record data or for the alarm to be activated.***

### SHUTTING OFF THE RINGING ALARM

The alarm will ring for 30 seconds. To turn it off, press and hold the bottom left button. Press and hold the GLO button to snooze the ringing alarm until the default alarm time. (For example, if the ALARM time is 7:00 AM with a 20-minute window, the alarm might ring at 6:52 AM, when an almost-awake moment occurs. Pressing GLO snoozes the alarm until 7:00 AM.)



*Please note: When the  blinks, SLEEPTRACKER® is acquiring data.*

## HOW TO KNOW THE ALARM IS SET

When the alarm is set,  appears on the screen. If SLEEPTRACKER® is not used to monitor your sleep for 24 hours or more, the alarm must be reset by going to the alarm, go to ALARM mode and pressing and holding GLO until  reappears. Hold GLO until  disappears to turn off the alarm function.

*Please Note: GLO will not backlight the screen in the ALARM mode.*

- 3) Press these buttons to set the hour, minutes, and AM/PM/24-hour.



- 1) Press **MODE** to go to the ALARM mode.
- 2) Press and hold **SET** until the hour digit blinks.
- 3) Press these buttons to set the hour, minutes, and AM/PM/24-hour.
- 4) Press **SET** to go to mintues or AM/PM/24-hour.
- 5) Press **MODE** until it stops blinking to save your new settings.

## SETTING THE ALARM WINDOW

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Set the ALARM WINDOW so that your SLEEPTRACKER® can wake you up at your most awake moment during a window of time. First, press MODE to go to the ALARM WINDOW. Then press and hold SET until the time blinks. Decrease this setting to zero for a standard alarm, or increase it to a maximum of 30 minutes to widen the window of time in which SLEEPTRACKER® will try to wake you at your optimal waking moment. Press and hold MODE until the screen stops blinking to save your new setting.

*Please note: There may be times when no almost-awake moment occurs during the ALARM WINDOW. When this happens, SLEEPTRACKER®'s alarm goes off at the default alarm time. The longer the ALARM WINDOW, the more likely SLEEPTRACKER® will find an almost-awake moment in which to trigger the alarm early.*

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3) Press these buttons to increase or decrease the window of time in which SLEEPTRACKER® monitors for your optimal wake-up time in the morning.



1) Press **MODE** to go to ALARM WINDOW mode.

2) To adjust SLEEPTRACKER®, press **SET** until the time blinks.

4) Press **MODE** until the time stops blinking to save your updated settings.

## SETTING THE TO BED TIME

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Setting the TO BED feature on your SLEEPTRACKER® lets SLEEPTRACKER® record your sleep data during the night so you can learn about your unique sleep patterns. To accurately record your data, set TO BED at 30 minutes after you anticipate being asleep. If you stay awake later than the time set in TO BED, the data recorded will not be accurate until you are fully asleep. SLEEPTRACKER® can collect data for a maximum of 8 hours. Going to sleep after your anticipated TO BED time will not affect SLEEPTRACKER®'s ability to find your optimal waking moments within the alarm window.

### SETTING THE TO BED MODE

Press MODE until it reaches the TO BED mode. Then press and hold SET until the hour digit blinks. Press the top or bottom buttons on the left to reach the desired hour. Then press SET to go to minutes, then AM/PM/24-hour, and adjust accordingly. To store your new settings, press MODE until the screen stops blinking.

3) Press these buttons to set your anticipated TO BED time so that SLEEP-TRACKER® can record your sleep data. Set the hour, minutes, and AM/PM/24-hour.



- 1) Press **MODE** to go to TO BED mode.
- 2) To adjust SLEEPTRACKER®, press **SET** until the hour digit blinks.
- 3) Press **SET** again to go to hour, minutes, and AM/PM/24-hour.
- 4) Press **MODE** until the screen stops blinking to save your updated settings.

## REVIEWING YOUR SLEEP DATA

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To review your sleep data, press MODE to go to DATA REVIEW. Use the left buttons to review your almost-awake moments.

SLEEPTRACKER® records and stores your almost-awake moments for one day, so in the DATA REVIEW mode you can discover how many times you were almost awake during a night and the average time between those moments. Each almost-awake moment is displayed in chronological order as “Data 1,” “Data 2,” etc. At the end of this series of times, SLEEPTRACKER® displays “Data A,” the average time between your almost-awake moments.

Data A can help you know how soundly you’re sleeping. If the average time between your almost-awake moments is relatively long compared to other nights, you’ve probably slept more restfully than usual. If you go to bed and get up at the same times most days, your sleep patterns are likely to be consistent — and Data A will remain fairly consistent, too.

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Remember that everyone's sleep patterns are different, and everyone's Data A is different. Almost-awake moments may be frequent or occasional, sporadic or regular. A 20- to 30-minute Data A is not uncommon. Moreover, multiple almost-awake moments can occur within one sleep cycle. To best assess your sleep, look to see whether your Data A lengthens as you continue to use the SLEEP-TRACKER®. An increasing Data A means you're getting more consistent sleep. Also, look at your sleep data to make sure you have extended periods of sleep without almost-awake moments. If that's the case, a short Data A is no cause for worry, since you're getting sufficient periods of deep sleep.

To establish your personal baseline, keep track of Data A for 7-10 nights so you can find out how restless each night's sleep was relative to the others. The more almost-awake moments you have (based on your individual norm), the less restful your night's sleep. If your sleep is consistent, Data A will probably only vary by a few minutes from one night to the next. If Data A deviates significantly from your normal baseline one night, think about what you did before going to sleep that might have affected your sleep cycle. Factors like alcohol, cigarettes, late evening exercise, eating late, and spicy

## **REVIEWING YOUR SLEEP DATA (CONT).**

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foods can all affect your Data A.

After SLEEPTRACKER® records an almost awake-moment, it will not record another one for 8 minutes. This is to keep SLEEPTRACKER® from recording multiple almost-awake moments because you get up in the middle of the night. If you stay up for more than 8 minutes, SLEEPTRACKER® will record an awake moment every 8 minutes until you go back to sleep. Within the ALARM WINDOW, however, SLEEPTRACKER® triggers the alarm at your first almost-awake moment.

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*Please Note: GLO will not backlight the screen in DATA REVIEW mode.*

**2)** Press these buttons to review data.



**1)** Press **MODE** to go to DATA REVIEW. "Data 1" and a time will appear. This is your first "almost-awake" moment during the previous night's sleep.

**3)** To erase your sleep data manually, press and hold **SET** for 3 seconds while in the DATA REVIEW mode.

## PRECAUTIONS AND WARNINGS

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Please observe the following precautions and warnings to ensure long life for your SLEEPTRACKER®.

- SLEEPTRACKER® like other plastic watches should not be exposed to household solvents, bug spray, or sun screen. The chemicals in each may damage it's appearance.
- SLEEPTRACKER® is a sensitive piece of equipment. Misuse or abuse may affect its ability to operate properly and void the manufacturer's warranty.
- SLEEPTRACKER® is water-resistant up to 20 meters.
- Innovative Sleep Solutions, LLC, the makers of SLEEPTRACKER®, recommends taking SLEEPTRACKER® to a qualified technician or sending it back to SLEEPTRACKER® to replace the battery. Improper replacement of the battery may damage the watch and void the manufacturer's warranty. SLEEPTRACKER®'s battery size is CR2032.

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- SLEEPTRACKER® should be operated within a temperature range of -10C and 50C. Do not leave SLEEPTRACKER® in a non-ventilated area, such as a plastic bag, for storage.
- SLEEPTRACKER® is not designed to cure sleep disorders. If you have trouble sleeping or have health issues related to sleep, see a physician immediately.
- SLEEPTRACKER® should not be used to get less than a normal night's sleep. Physicians recommend getting 8 hours of sleep per night.
- Electronic RF (radio-frequency) radiation devices (such as wireless phones or microwave ovens) or strong RF signals may interfere with SLEEPTRACKER®'s ability to track data accurately.

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